1. Download Firefox via Internet Explorer at

http://www.mozilla.com/en-US/firefox/ie.html

1. Download Flash Video Resources downloader at

https://addons.mozilla.org/en-US/firefox/addon/6584

Click on the Plus button to add to Firefox, click on Install Now to begin install

Click on the “Restart Firefox” button

Firefox will restart. Add-ons window will appear and might ask you to “Find Updates”

1. Go to YouTube website using Firefox at http://www.youtube.com/
2. Search a video with HD resolution. Choose **The Story of Bottled Water (2010) - Teaser** as an example
3. Open the link of the 0:37 video. You may need to get the latest Flash player You may be required to have Adobe DLM add-on and restart Firefox
4. Once the video starts, click on the blue arrow pointing down at the bottom of the browser

1. Click on “Click Here to download FLV Video” .
2. Save File on desktop. Go to Tools, Options, Save files to, Click on Browse

And select Desktop. Click OK

Make one

single

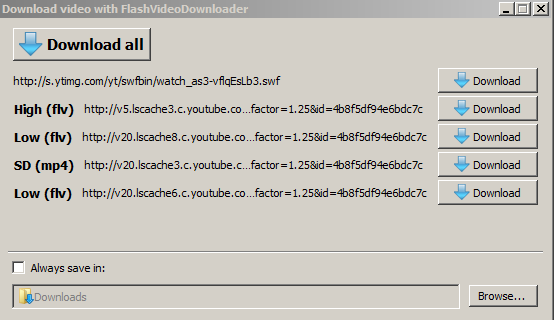
click

on one of the

blue arrows

pointing down





1. In order to open the video file, you need to run VLC. Download the program via the web at

http://www.videolan.org/vlc/download-windows.html

1. Open VLC media player. Select Media, Open File,

